
COOGEE MINNOWS SURF SPORTS

COMPETITION POLICY & HANDBOOK 2020/21 SEASON

Surf Sports are a great way to stay fit and increase your skill level, while also being a proud representative of your Club as a Nipper.

(SLS Sydney Branch website)



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INTRODUCTION

Over more than 50 years Coogee Minnows have become a strong and integral part of the Coogee Surf Life Saving Club's history through our youth development programs, awards gained, supply of patrolling members and competition results. Like any club, its future is in its youth. If we can encourage and keep our children on the beach, this club will have a very sound base for future years. For all of our junior members, we hope Nippers is the start of a long surf lifesaving club experience and we hope we can instil a sense of pride and tradition within our Nippers and have all children confident that they are part of something they can be proud of.



Surf Life-Saving has many facets. Some Nippers enjoy the surf as a sport and participating in competition at Surf Carnivals. This handbook provides information for Nippers and their parents wishing to compete in Surf Carnivals. Not all children wish to compete in carnivals and being a good lifesaver does not depend on carnival participation, however for many of the children, participation can be an enjoyable and rewarding experience. While competition is an important element, surf awareness and education remain the cornerstone of the experience for all participants at Coogee Minnows. Children are taught from the youngest ages how to respect the surf, read the surf and use the surf to their advantage.

Surf Carnivals are lots of fun and engender club and team spirit but require a commitment from both Nippers and parents.

The individual and team events that Nippers compete in have their roots in the disciplines that underpin surf lifesaving. The speed of reaction to initiate a rescue, the urgency required to get to a person or people in need of rescue and the skill required to deal with the prevailing conditions whether it be on the sand, near shore, in the break zone or beyond and handle rescue apparatus such as a board and, most importantly, the ability to work as a team, are all skills that are tested in competition.

This is done in an environment which is fun, encourages a healthy lifestyle and engenders camaraderie which is unique to surf lifesaving.

Successful resuscitation and best practice to give better survival rates is based on the principle of the chain of survival. This comprises early access, early CPR, early defibrillation and early advanced life support.

Early access – identify and reach the patient as quickly as possible.

Public Safety and Aquatic Rescue 34th Edition

Surf Sports

Surf Sports involves both individual and team events in many disciplines. Competition begins with the U8 Age Group. State championships begin at U9 age group level. Coogee Minnows offers a program of surf awareness, skills coaching and competition at various levels, including experiencing competition in events like those in which Australia's elite Surf Lifesavers participate.

Individual events

In the water, the individual events are:

- Surf Race (swim)
- Board Race
- Surfboard Riding and
- Iron person - from under 11s onwards
- U8s do the Wade rather than Board and Surf Race.

On the beach, the individual events are:

- Beach Sprints and
- Flags.

Team events

In the water, the team events are:

- Surf Swim Team (of 4)
- Board Relay (team of 3)
- All-Age Board Relay (representative from each age group)
- Cameron Relay (team of 4 - 2 water, 2 runners) - from under 11s onwards
- Board Rescue (team of 2) - from under 11s onwards

On the beach, the team events are:

- Sprint Relay (team of 4)
- Mixed-Sprint Relay (team of 4, 2 girls & 2 boys)
- All-Age Relay (representative from each age group)
- March Past (team of 12)
- R&R (2 person or 5 person)

Team events are single gender at most carnivals, exceptions generally are for the All-Age Relays; Mixed Relays; March Past; Cameron Relay; & R&R.

We encourage all Nippers to give thought to representing Coogee SLSC. The Club places a high priority on team events and will endeavour to field a team in all possible team events. Being part of a team represents important values, such as working together for the good of the team, mateship, and sharing in the highs of success, or the lows of not doing so well. It is therefore a Club requirement that those wishing to compete in individual events make themselves available for team selection prior to the teams being selected. Refusal to compete in a team event could mean the competitor will not be permitted to compete in events for individuals at that carnival or future carnivals.

Coogee Minnows has a proud history in competition, regularly placing in the top 10 in NSW at the State titles, from more than 90 surf clubs across NSW, particularly on the strength of outstanding results on the sand. In 2018/19, Coogee placed 3rd overall at the NSW State Age Championships, just 5 points behind the winners Cooks Hill SLSC. In 2019/20, Coogee produced it's best ever result, placing 2nd overall and for the third year in a row, were the highest placed team in sand

events and 2nd placed in R&R competition. Nonetheless, we have identified that we still have much potential for improvement, in sand events such as flags, in R&R competition and in the water.

At the beginning of the 2017/2018 season, Coogee Minnows refined our approach towards surf sports participation and launched two new and exciting initiatives to help drive the pursuit of improvement towards excellence in surf sports competition. The program for water focussed athletes, the Coogee Surf Academy and for beach competitors, the Coogee Minnows Sand Sports Academy were launched and based on experiences and knowledge gained from the past three seasons. These programs have been further refined each year and form the basis for our approach to competition in 2020/21, though the impact of COVID-19 has created some changes and uncertainty in the season's carnival programme. The program is outlined in this policy handbook.

The goal is to improve Coogee Minnows' results in external competitions and to assist Minnows competitors to reach their potential and become further engaged in Surf Sports at Coogee Surf Lifesaving Club.

Communication and Team App

All communications in relation to details of training, competition events, competition event entries, organisation of teams, rosters for parent helper roles (e.g. transport of gear, Water Safety requirements, Officials) and on the carnival day itself will be communicated via **Team App**. All competitor families will have to be members of the Coogee Minnows Competitors group to receive these communications.

For families new to competition, instructions on how to join this group will be explained at the Competitors Information night and will also be outlined in Minnows Mail at the beginning of the season. If you have any further queries please contact the Competition Director via email at competition.director@coogeeminnows.com.au.



PARENTS RUN NIPPERS!

It is our experience that the more YOU get involved, the more your child will enjoy Nippers and the more rewarding it is for parents. The Club operates entirely from volunteer help. There are many jobs, so you do not need to have had surf lifesaving experience! The Club values the contribution from parents – it makes our Club.



Every nipper who wishes to compete for Coogee this season will be required to have a family member help facilitate our competitive program by doing something active to help, as per **Selection Policy** in this handbook. Please nominate on the Coogee Minnows Surf Sports Competitor Application Form (at back of handbook) what role the competitor's parent/family will be able to fulfil during this season, from this list.

Appointments that parents can volunteer for include:

- Minnows or Competition Committee members
- Age Managers
- Assistant Age Managers
- Equipment management
- Age group Sand Competition Coordinator
- Set up, Pack up and transportation of gear e.g. tents to carnivals.
- IRB driver/crew
- Water Safety (must hold Bronze Medallion or SRC)
- Carnival Officials (ratio is 1 official for every 10 competitors)
- First Aid (requires qualification, education available through Coogee Surf Club)
- Transporting, setting up & pulling down equipment at Carnivals
- Education & training
- Fund raising

This is an open invitation to all parents to be directly involved and participate in Coogee Minnows.

At the beginning and through the season training is available for any parent interested in obtaining their Bronze Medallion. Many parents completed their Bronze, and in doing so, enjoy the learning experience and getting a greater understanding of surf lifesaving.

Further information about the upcoming Bronze Medallion course will be advertised in the Minnows Mail, our weekly email update, or see the Minnows website for details of the next Mums and Dads Army course starting Summer 2021.

The Club must meet the water safety requirements listed by SLSA for all training sessions and at Surf Carnivals. It is therefore essential that as many parents as possible obtain their Bronze Medallion and assist with water safety. If we do not have the required number of Water Safety personnel then an activity cannot be conducted, whether that be a training session or participation by our team at a Surf Carnival.

To become an Official, accredited to officiate at surf carnivals, a course is available for parents who would like to get involved and help us meet our quota of Officials at the carnivals that we will attend each season. **It is very important that we have a large pool of Officials to draw from and thus can spread the load equally throughout the competition season.** This is the chance to get a ringside seat at the action! At the beginning of the 2018/2019 season, SLSA updated its training programs so that all new official awards will be completed online. After doing the course, you will be required to attend a carnival to get practical experience under supervision and obtain accreditation. At carnivals, each club is required to provide a minimum number of water safety and carnival officials. Please volunteer to ensure the carnival is a success. See Carnival Information in this handbook for further details.

Please contact the Minnows Competition Director for further details.

competition.director@coogeminnows.com.au



SURF ACADEMY PROGRAM

Firstly, **we do not teach** children how to swim, however we will teach them surf skills and educate them about the beach environment. Given the activities are conducted in a marine environment Nippers are encouraged to undertake regular swim training through a local club or pool.

Strategic Objective:

Develop surf skills in swim and on board for all kids to reach their absolute potential as a surf sports competitor for Coogee Minnows in a fun, safe and inclusive environment and with a view to developing pathways beyond nippers in coaching and senior competition for Coogee SLSC.



Season Goals

- Be the strongest water club in Randwick Council (2021)
- Top 3 clubs in Sydney Branch
- Top 5 clubs at State Level
- Improve at every level, beginners through to Academy
- Field competitive teams in each age group both boys and girls
- Fully establish a pathway for coaching throughout the club starting with beginners through to Academy Group and then onto the Senior Club
- Fully inclusive team first focus, same approach to the development of kids at all levels.

Coaching

- **Head of Program:** Cameron Habler
- **Coaches:** Cameron Habler, Michael Kavanagh, Trevor Folsom, Josh Hankin and Elisha Curry
- **Junior Coaches:** Clay Cantarella

How we will achieve this:

1. Continue to offer high level customised water competition training to all Coogee Water Competitors from U9 – U14 to offer maximal performance at state 2021
2. To offer varied and high level of quality surf sports competition experiences
3. Enhance competitor holistic self-development (self-worth, emotional, social) within a community and family centric approach
4. Increase Coogee's coaching team -
 - a. diversity and number of coaches
 - b. enhance technical coaching skills base.

The Coogee Surf Competition program is divided up into 3 squads

1. Coogee Surf Academy (Academy) - for nippers who are highly skilled and have the determination to improve, will require a very high level of dedication to Surf Sports
2. Coogee Surf Development Squad (Frothers)– for competitive Nippers who have the desire and commitment to represent Coogee in Surf Sports. This squad will be a pathway to the Coogee Surf Academy for Nippers who can prove themselves through training and competition performances.
3. Coogee Surf Beginner Squad (Grommets) – for competition proficient nippers who are new to surf skills.

ACADEMY (Advanced)

Criteria

- Elite competitive kids that will be competing at all carnivals
- Compete at the highest level in the State Championships.
- Satisfy the eligibility requirements of the Coogee Selection Policy in this handbook.
- Nippers must be aged 10 and above • Commitment to represent Coogee in all possible external surf carnivals as per the Minnows calendar
- Target making finals at State and Branch carnivals in individual events
- Swimming a minimum of 3 sessions per week in a squad or equivalent compatible training (e.g. water polo)
- 3 board sessions per week, ideally (with some exceptions made, e.g. for school commitments)
- Board sessions to be conducted on Tuesday mornings, Thursday afternoons and on non-competition Sunday Minnows (plus other sessions as communicated via Coogee Competitor Team App. **Pink Hi Vis rashie/singlet is mandatory.**
- Commitment from parents and kids required – parents involved must be either an Official or Water Safety or another approved helper role within the club (see Selection Criteria)
- Commitment to represent Coogee and be available to represent Coogee at Branch Championships (U8-10s - 31 January 2021; U11-14s 6/7 February 2021) and at State Carnival, Friday 26th February to Sunday 28th February 2021.

Surf Skills Focus

- Developing technique for paddling, starts, finishes and unassisted catching waves
- Building board paddling endurance
- High proficiency of entering surf in challenging conditions
- Developing technical competition skills for surf racing
- Developing endurance for Iron person

FROTHERS (Intermediate)

Criteria

- Satisfy the eligibility requirements of the Coogee Selection Policy in this handbook.
- At a competitive standard at regular Minnows events (age championships, John Mudge Day)
- The desire to represent Coogee at external carnivals
- Objective to improve all skills on board and swim and have the goal of earning a place in the Coogee Surf Academy
- Must have a commitment to water sports, through regular swimming training or equivalent
- Children work towards entering Academy Squad through consistent effort, application and improvement at training and good level of performance at carnivals.
- Having fun and learning good surf skills and competition technique.
- Commitment from parents and kids required – parents involved must be either an Official or Water Safety or another approved helper role within the club (see Selection Criteria)
- Commitment to represent Coogee and be available to represent Coogee at Branch Championships (U8-10s on 31 January 2021; U11-14s on 6/7 February 2021) and at State Carnival, Friday 26th February to Sunday 28th February 2021.

Sessions

- Sessions will generally be held at Coogee Beach unless notified otherwise via Team App.
- 3 training sessions per week; see program summary and refer to Team App calendar for details.

Surf Skills Focus

- Developing technique for paddling, starts, finishes and unassisted catching waves
- Building endurance of board paddling
- Confidence on paddling and catching waves
- developing competition skills for entering and leaving water
- Developing swimming endurance

GROMMETS (Beginners)

Criteria

- All children must complete competition proficiency for their age group
- Mainly focussed towards U9-10 Age Groups and Competition proficient beginners in the U11-14 age groups. All children must pass competition proficiencies to attend.
- Squad divided into 2 groups (based on Water Safety ratios).
- More play based and 'Fun'- still a focus on technique.

Sessions

- 2 training sessions per week; see program summary and refer to Team App calendar for details.

Surf Skills Focus

- Developing Introducing technique for paddling, starts, finishes and assisted on catching waves.
- Building board paddling endurance
- Building confidence on paddling and catching waves
- Introducing skills for entering and leaving water
- Building swimming endurance

Ocean Swim Squads

Chad Schneider (Seas the Limit Swim Club) has been engaged to run ocean swims for those interested in additional swimming. This is open to those in the Frothers and Academy groups only. Session times to be confirmed but likely to run on Monday and Wednesday afternoons and Thursday mornings. Costs are yet to be confirmed and are subject to numbers. Participants will pay directly; this will not be covered by the club. Updates via TeamApp.

Weekly Timetables Overview

This is an overview only, all training will be communicated through Team App, RSVPs are required.

SEASON (18th October 20 – 19th Feb 2021)

Squad	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Grommets				5.25-6.40pm Coogee Beach			Morning Refer Team App. Coogee Beach
Frothers		Selected sessions during season. Refer Team App	6-7am Coogee Beach	5.15-6.45pm Coogee Beach			Morning Refer Team App. Coogee Beach
Academy		6-7am. location TBD weekly	6-7am Coogee Beach	5.15-6.45pm Coogee Beach	5.30-6.30 pm South Maroubra		Morning Refer Team App. Coogee Beach
Ocean Swims Chad Schneider	4-5pm Coogee Beach		4-5pm Coogee Beach	6-7am Coogee Beach			

*Academy and Frothers will have other sessions added during summer holidays



Board Policy

Coogee Minnows are extremely fortunate to have a large number of very good to excellent quality foam and epoxy glass boards available for use by Minnows, for Sunday nipper activities, as well as training and competition.

- ❖ Kracka Foam boards (or equivalent) are for U9s, & U10s.
- ❖ Epoxy Nipper Boards are for U11, U12, & U13s.
- ❖ U14s use full size Racing Malibu paddle boards.



Board Allocation for Coogee Surf Academy

Where possible, Academy competitors will be allocated a board, to be used for training and competing, for the duration of the 2020/21 season. This board may be taken home so it is accessible 7 days a week to the competitor and will allow for training and competing in a variety of conditions at multiple venues.

Boards will be allocated to this group by the Gear Steward at the beginning of the season. Boards will be inspected by the Gear Steward and a parent responsible for the board at the time of allocation. Any repairs required that are not the result of accidental damages, or normal wear and tear are to be paid by the parent. Loss or non-return of the board will result in the parent being responsible for the cost of a replacement board (indicative value of boards is \$500 for nipper foam board, \$1400 for Nipper fibreglass board and \$2200 for fibreglass racing mals). Despite a board being allocated, continued absence at training and non-attendance on Sundays may result in the board being reallocated. **Allocated boards MUST be brought to all training sessions except NOT on Minnows Sundays.**

All club owned boards must be returned at the end of the season, at which time the Gear Steward will inspect the board and return it to club stock if the board is in good order. If repairs are required, the parent responsible will be notified and it will be determined if a contribution towards repair cost will be required.

Nippers are welcome to use their own boards; however, these boards must not be used by other members. Prior to using their own board for training or competition, the Serial Number & Date of Manufacture must be provided to the Gear Steward.

It is the responsibility of a competitor using their own board at Carnivals to ensure that their board is carrying the correct Scrutineering Stamp/sticker or ensure that one is obtained during the season. This can usually be done at early season carnivals.

Please note that due to space limitations within Coogee SLSC storage area, only club owned boards can be stored there.

Boards for Competitors in Coogee Frothers and Grommets

The club does encourage all competitors to get as much time training on a board as possible. The club does not have the resources to allocate boards to the members of the Frothers and Grommets Squad. Frothers may be allocated a board where possible, and the club may be able, from time to time, when stock levels allow, to sell excess boards at very reasonable prices. These boards will be older stock but they will be in good condition and ideal for training on. If you are interested in purchasing a board from the club for this purpose, there will be a place on the Coogee Minnows Surf Sports Competitor Application Form for you to indicate your interest. The Gear Steward will then contact you about this.

If you don't own your own board, you will be able to borrow a club board for all designated official training sessions. Also, you will have the use of a club board for participation at carnivals, subject to the conditions below.

Club owned boards are not allowed out on the water before training, or before or after Minnows on a Sunday unless an official training session is in progress.

Use and Care of Boards

Boards should be carried and are **not to be dragged** on the beach. If a Nipper is too small to carry a board, you should carry it with another Nipper. Boards are not to be thrown down on the sand. They should not be sat upon or stood upon whilst on the sand and care should be taken to keep sand off the waxed deck area. It is not wise to leave boards lying in direct sunlight for a long time as this causes them to bubble. They must be stored in a well shaded area, preferably indoors, and this area must be secure.

In the water, kneeling on nipper boards up to under 13s is not allowed in competition, so not acceptable during training and Minnows. **Standing up on all boards is strictly prohibited, as they are not designed for this activity and may be dangerous to other people in the water nearby.**

- Any mistreatment or misuse of boards will result in the loss of usage rights to that equipment.
- When you have finished using a board, **wash off all the sand** and salt water using fresh water
- Borrowed boards **MUST** be returned immediately after the conclusion of training or Nippers.
- Any damage **must be reported immediately** to the Competition Director, Water Coach or Gear Steward.

NOTE: NIPPERS or PARENTS WHO MISTREAT BOARDS WILL NOT BE ALLOWED TO USE THEM UNTIL THEY CAN DEMONSTRATE APPROPRIATE CONDUCT AND MAY BE ASKED TO CONTRIBUTE TO THE COST OF REPAIRS.

THE CLUB CANNOT BE HELD RESPONSIBLE FOR ANY DAMAGE CAUSED THROUGH NEGLIGENCE OR MISUSE

Participants compete in SLSA competitions to demonstrate their physical and mental skills.

(SLSNSW website)



SAND SPORTS PROGRAM

Strategic Objective:

Continuation of the current successful training and coaching program for all sand competitors with the goal to remain the number 1 sand team in NSW for 4 consecutive years.



Season Goals

- Retain number and results in individual sprint finalists
- Retain mixed relay finalist team number
- Improve results in the flags (individual competitor)
- Improve age group female/male relay results in blue, silver and purple caps
- Grow 1/2km competitor squad particularly female runners
- Retain #1 sand team in the state 4 years running (2021)

Coaching

- **Head of Program:** Renee Gibbs
- **Sprint Coaches:** Renee Gibbs, Steve Gibbs, Tony Sheppard, Aidan Byrne, Ben Robinson,
- **1/2k Coaches:** Kevin Branagan, Mary Ryan
- **Junior Coaches:** Ben McDonald, Ruby Thomasyu, Ellie Tanner

COACHING for season 2020-21 -

Program development-

Renee Gibbs to continue to set the training program and strategy for the sand team. All programming and sessions will be developed and provided to coaches for them to carry out with the teams and squads on set nights.

Overall Goal- Coogee Surf Sports committee wishes to upskill all current volunteer coaches to use more in-house expertise and to further develop our own coaching teams. 5 of Coogee sand coaches have recently completed the SLS Development Coaching Course. We have also attended the technical sprint coaching course run by Jayson Lincoln in October 2020

Junior Club Coaches –

Senior competitors from the open / youth squads will coach the U8-U10 squad. All coaching sessions will be programmed and devised for these coaches. Renee Gibbs to provide mentoring and support to the coaches initially with the view to these coaches running these sessions independently after some time. They have also attended the technical sprint coaches training course.

How we will achieve this:

1. Continue to offer high level customised sprint and sand competition training to all Coogee Sand Competitors from U8 – U14 to enable maximal performance at state 2021
2. To extend training specialisation to meet the needs of:
 - a. the 3 key age groups of sand athletes- u8-u10, U11&U12, and U13&U14
 - b. the elite sand competitors (finalists at manly/ branch/state 2019 or 2020)
 - c. flags athletes
3. To offer a varied and high level of quality surf sports competition experiences
4. Enhance competitor holistic self-development (self-worth, emotional, social) within a community and family centric approach
5. Increase Coogee's coaching team -
 - a. diversity and number of coaches
 - b. enhance technical coaching skills base.
6. 1/2k – Recruitment of coach and manager
7. 1/2k – recruitment of athletes and development of the program from the younger age groups upwards- start with the U10s (blue caps)

Sand Sports Program Outline

PERIODISATION PLAN

PRESEASON – (20/7/20 – 27/9/20) 12 weeks

Pre-season for the whole competition team- Tuesday night + Friday night. Hills Strength program with 13 and 14s – ran in term 3 2020

IN-SEASON –

- 1) Build / Fitness/ Strength – 10 weeks (12 /10/20- 20/12/20) term 4 to offer core training input
- 2) Speed/ Competition Skills/ Relays -5 weeks - (13/1/21 - 24/2/21) term 1 2021 to hone competition skills and speed.

SPRINTS

Overall Plan

Squad divided into 3 groups

- 1) u8 - u10 - more play based and 'Fun' - still a focus on technique - Ben McDonald, Ruby Thomasyu and Ellie Tanner
- 2) u11 - u12 – Aidan Byrne and Ben Robinson
- 3) u13 - u14 – Renee and Steve Gibbs

3 training Sessions per week

Coogee Oval – 2 sessions

Tuesday and Thursday sessions all season

5- 6 pm - u8s – u10s

6-7pm - u11s - u14s – separated into 2 groups u11 - u12 and u13 - u14

BEACH SESSION– 1 session

Coogee beach

Sunday Morning 6:20am - 7:30am (u10 to u14) and 7:30am - 8: 30am (u8 to u9)

Sand starts, speed, acceleration and fitness for all runners. From 2021 (Jan and Feb) the focus will be on flags.

U8-U10 - CLINIC (BASIC TECHNIQUE COACHING) –3 SESSIONS

- One Saturday afternoon per block = 3 Saturday afternoons
- Run by the youth coaches
- Fun and new
- Different focus for every session – Starts, Top end speed, Race finish

FLAGS-**PRE-SEASON (By Invitation Only)**

1 x weekly Thursday sessions on the pre-season to work on base flags skills such as: -

- Starts and acceleration over 0-30m
- Core strength
- Explosive power
- Upper body strength
- Agility

SEASON (12th October 20 – 19th Feb 2021)

- **1 x weekly session- Sunday morning**

Initially continuation of strength, fitness and agility work

As the season progresses, focus on refinement of turns, competitive skills, cognitive skills to maintaining attention, staying calm but fired up etc

- **Term 1 2021 – 5 x Friday afternoon flags sessions (By Invitation Only)**
5:30pm - 6:30 pm Coogee beach

Weekly Timetables Overview

This is an overview only, all training will be communicated through Team App, RSVPs are required.

PRE-SEASON

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
All Coogee State 2020 athletes		5-6pm Coogee oval		Flags – 5-6 pm Coogee Beach	5-6 pm Dunningham Reserve HILLS		

COACHING- Renee and Steve to run all sessions

SEASON (12th October 20 – 19th Feb 2021)

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
U8-U10 Junior Coaches		5-6 pm Coogee Oval		5-6pm Coogee Oval		3-4 Grant Reserve CLINIC	
U11- U14 Sprint		6-7pm Coogee Oval U11/14		6-7pm Coogee Oval U11/14			
Flags Academy					Flags sessions 6-7 pm Term 1 2021		6:30 am U10 – U14

1&2 km Squad

RECRUITMENT

Our current 1&2km squad is approximately 10 runners. The key focus of the 20-21 season must be on recruitment and developing the squad numbers.

TEAM COACH / MANAGER

Someone to lead, coordinate, manage and recruit for the team- Siobhan Finnerty

Coaching-

Tuesday- Sand session - Kevin Branagan

Thursday- Oval -long intervals session – Mary Ryan

TRAINING

2 sessions per week

1. *Kevin- Sand Session – Tuesday 6-7 pm*

2. *Mary – Oval session- long intervals work- Thursday 6-7 pm*

RESCUE & RESUSCITATION (R&R) & MARCH PAST

March Past

The March Past is open to all members from U9 - U14. Coogee Minnows “marched on” for the first time in many a year in the 2018/19 season at Branch and State Age carnivals.

The March Past event is traditionally one of the first events held at a Nippers carnival and other competition is stopped where necessary to allow members to participate. It is the ultimate team event with 12 members to a team who march around a rectangle and are judged on such things as arm swing, leg action, body carriage and the team’s ability to hold their formation throughout the march. All the team works together with the winning team scoring the lowest number of errors. Jen Trinca will coordinate and prepare this team for the 2020/21 season.



Training will likely take place on Sunday after Nippers (to be confirmed once participation numbers are confirmed and subject to coach’s availability). Everybody is eligible to take part and it is a great way for nippers that are not necessarily interested in competing to be part of a surf carnival with their friends. Anyone who wants to try the event is most welcome to come to a training session and try it out.

Rescue & Resuscitation (R&R)

R&R is another traditional surf lifesaving event in which Coogee has a rich history at all age levels from Nippers to Masters. The 5-person u14 R&R team and a 2-person u12/13 R&R team representing Coogee both won gold medals most recently at the State Age Championships in 2018 and backed up with Silver and Gold respectively in 2019.

The event simulates a rescue and resuscitation of a "patient" and teams are assessed on areas such as marching, uniformity and following correct resuscitation procedure. These events are usually conducted early in the day at carnivals, preceding the March Past, which is the traditional opening ceremony. The R&R events are as close to real lifesaving as you can get. Again, this is a great way for Nippers to get involved with their friends, build a close team and be part of the wonderful carnival atmosphere.

Two-Person R & R

Two-Person R&R is competed for by teams from either U10/U11 or U12/U13 age groups. One team member will draw as patient and the other performs the rescue. The competition is held on the sand near the water's edge and does not require swimming to the "patient".

Five Person R & R

Five Person R & R is for U12 - U14 and it is based on the traditional method of performing rescues with the reel, line and belt. The team members fill the role as patient, belt person, reel person and linesperson who simulate a rescue, carry the patient from the water and resuscitate them. The rescue is done only in waist deep water.



R&R teaches participants excellent resuscitation skills and teamwork. R&R training times will be confirmed once numbers of participants are confirmed and coach's availability is established. It will involve one compulsory session per week for most of the season, generally on a Sunday around Minnows commitments as well as participation at all the selected R&R carnivals, which will be advised at the start of season.

SELECTION POLICY FOR ALL SURF SPORTS COMPETITORS (SAND, R&R AND WATER)

The objective of the Coogee Selection Policy is to select the most competitive team or teams to represent Coogee SLSC in each Age Group. We encourage all Nippers to compete and represent Coogee SLSC.

Eligibility for Selection & Entry to Carnivals

Unless otherwise agreed with the Competition Director, to represent Coogee and compete at carnivals, Nippers must:

- Be registered with Coogee SLSC in the current season OR have competition rights assigned to Coogee SLSC (in which case, conditions apply and subject to approval by Minnows Committee).
- Obtained **Competition Proficiency** (see notes below).
- Have paid the \$100 Coogee Surf Sports Competitors (CSSC) Levy for the season prior to participation, (details per Team App) NO carnival entry will be facilitated until the CSSC levy is paid.
- Obtained the relevant **surf education award** for their age group by 31/12/2020, which requires regular attendance and participation at Coogee Minnows.
- Have attended 70% of those Nipper Sundays that have been run in that age group at the time of selection. NB staggered dates of commencement will be taken into account.
- Have competed in the Coogee Minnows Age Championships days (or have valid reason to be excused and agreed with Head of Program)
- Have attended 60% of Coogee Minnows Squad training sessions for the relevant discipline at the time of selection/entry or other training by agreement with the Head of the relevant Program. All nippers selected for teams (including boys/girls, mixed and all age relay teams in every age group) must be available for relay practise in 2021 following team selections and at other times that may be scheduled during the season.
- Have competed at a minimum of 2 of the pre-Christmas targeted carnivals (refer to the 2020/21 season Minnows calendar) unless unable to attend and excused by prior arrangement with Coach AND Head of Program, OR if COVID restrictions do not allow for this. Notifications to competitors will be made if necessary in this regard.
- A parent of the competitor must be involved by carrying out a role towards the running of the Competition Program, which will have to be nominated when completing the Coogee Minnows Surf Sports Competitor Application Form for their child at the start of the season. Roles include Minnows or Competition Committee member, Water Safety, Official, First Aid, Age Manager, Age Group Sand or Water Competition Coordinator, Tent transport to & from carnivals & set-up.
- Must be available to attend the Sydney Branch Championships on 31st January 2021 (U8-U10) or 7th February 2021 (U11 – U14)
- Must be available to attend the State Age Championships at Swansea/Belmont, 26th, 27th and 28th February 2021
- For those eligible to compete at the Australian Championships, they must have competed at both the Sydney Branch Championships and the State Age Championships.

Note, all carnivals during the season, **except** the Sydney Branch Championships and State Age Championships, can be entered via Team App by all eligible competitors. Branch and State Age Championships are selection only carnivals. Further, selection in Team Events for Branch and State Age will be carried out as per **Selection Criteria for Team Events** in this handbook.

Proficiency

All competitors (Sand, Water & R&R) wishing to undertake the full range of competitive activities available and participate in carnivals are required to be competition proficient. To achieve that they must successfully complete the following:

A. Junior Competition Skill Evaluation - Open Water Swim (Competition Proficiency).

This is an open water ocean swim, distances determined by age group (see table below as stipulated in Coogee Minnows proficiencies). This swim will be conducted during regular Minnows early in the season.

Under 8	Per Minnows proficiency
Under 9	150m ocean swim within 10 minutes
Under 10	150m ocean swim within 10 minutes
Under 11	300m ocean swim within 10 minutes
Under 12	300m ocean swim within 9 minutes
Under 13	300m ocean swim within 9 minutes
Under 14	300m ocean swim within 8 minutes



PROPOSED COMPETITION EVENTS FOR SEASON 2020-21

The following competition events are proposed, based upon the published calendars of the Sydney and Sydney Northern Branches. Please refer to Team App and the Minnows calendar for further communications.

Date	Event	Host	Disciplines
November			
08/11/2020	Junior Beach Only Carnival	Queenscliff	Sand
15/11/2020	Kracka Challenge	Swansea Belmont	Water
21/11/2020	Inter-Club Gala	Coogee	Sand, R&R & Water
December			
06/12/2020	Junior Craft Carnival (Fast and Furious)	Freshwater	Water
13/12/2020	Junior Beach Only Carnival	North Narrabeen	Sand
January			
10/01/2020	Junior Beach Only Carnival	Narrabeen	Sand
16/01/2020 – 17/01/2020	Nipper NATS or Inter-Club Gala	Manly or Maroubra	Sand & Water
21/01/2020	Relay selection run-offs u8 – u10	Coogee	Sand & Water
30/01/2020	Relay selection run-offs u11- u14	Coogee	Sand & Water
31/01/2020	Sydney Branch U8-U10s Championships	Sydney Branch - Maroubra	Sand & Water
February			
07/02/2020	Sydney Branch U11-U14s Championships	Sydney Branch - Maroubra	Sand, R&R & Water
26/02/2020 – 28/02/2020	SLSNSW Age Championships	SLSNSW - Swansea Belmont	Sand, R&R & Water



SELECTION CRITERIA FOR BRANCH AND STATE AGE CHAMPIONSHIPS

Branch Championships and State Age Championships are SELECTION ONLY carnivals. All competitors will be asked to declare their availability to attend and compete on ALL days of the carnival for selection before 13/12/2020.

All Eligibility requirements must be fulfilled to be considered for selection to these carnivals. These are the highest-level carnivals that the club participates in each season and, as such, a key component to selection is the ability of each child to be at the competitive level required.

Selection at one or both of these carnivals is an honour that is earned over the course of the season.

No decisions are taken lightly, they are carefully thought through using the factual information accumulated over the course of the season to make the best decisions for the individual, the team and the club.

Results at Carnivals and Minnows Age Championships will carry greater weighting than results at Club Training Days, however conditions during each race will also bear a factor in decisions as will the prevailing conditions encountered at the venues of these high-level carnivals for water competitors.

At the start of the season when there have not been many carnivals, team event selection will be based on the previous season and/or preseason training.

Selectors will also take into consideration factors such as availability, willingness to compete, commitment to training (attendance & performance), illness/injury which may impair performance, consistency.

Nippers who are not selected for any team events at these carnivals will not gain selection to the overall team unless their ability to compete as an individual is warranted strong enough. In certain circumstances, nippers may be selected as cover for injury, illness or potential unavailability of an existing team member due to a clash of events. This is at the Selectors discretion, with team balance and overall numbers in mind.

The Selectors may select some nippers, who otherwise do not fulfil the criteria for selection, to compete in the Branch Championships and not the State Age Championships in order for them to gain experience at this higher level.

Please note that if a competitor does not wish to be considered for a State or Branch team, due to availability or otherwise, he or she must advise their Head Coach or the Competition Director by 13th December 2020.

Late withdrawals have a significant impact on the club and other competitors and will affect future prospects of selection.

Selection Criteria for Team Events

The Competition Director and the relevant discipline Coach will select the competitors to form teams to compete in team events from eligible competitors primarily based upon performances at:

- Surf Carnivals throughout the season
- Coogee Minnows Championship Days
- Nippers on Sundays

up to and as at the time of selection.

Other factors such as availability, willingness to compete, commitment to training (attendance & performance), illness/injury which may impair performance, and consistency may be considered.

Results at Carnivals and Club Championships will carry greater weighting than results at Club Training Days, however conditions during each race will also bear a factor in decisions. At the start of the season when there have not been many carnivals, team event selection will be based on the previous season and/or preseason training.

All selections for team events over the course of the season are provisional. So, a competitor's selection to compete in a specific team event at any carnival throughout the season does not mean that the competitor is a permanent member of this team and is not indicative of selection to this team at Branch Championships or State Age Championships.

Results at external carnivals and club competitions in the 6 weeks prior to final selection of relay teams will carry greater weight than results from earlier in the season. Whilst individual performances are important indicators, a competitor's ability to work well with others in a team will also be taken into consideration.

Paddle Offs/Swim Offs may be held at the discretion of the Competition Director or Coaches to aid the selection process for teams competing in the water.

For team events on sand, a selection run-off for U8 to U10 competitors will be held on Thursday 21st January 2021 at the scheduled training session. Performances at this run-off, along with other key carnival performances and in consideration of fitness, injury, illness and form will be drawn upon by the Selectors to make selections for team events at Branch Championships on 31st January 2021. These selections will be announced via Team App as soon as practicable after finalisation of the team.

A selection run-off for U11 to U14 competitors will be held on Saturday 30th January 2021-at Coogee beach under competition conditions. Performances at this run-off, along with other key carnival performances and in consideration of fitness, injury, illness and form will be drawn upon by the Selectors to make selections for team events at Branch Championships on 7th February 2021. These selections will be announced via Team App as soon as practicable after finalisation of the team.

These run-offs are essential to enable relay team selections for boys/girls, all age and mixed relays. We would like every sand team athlete to attend the session scheduled for their age group. Water athletes who also wish to be considered for relays are also required to attend please.

Where attendance is not possible, the results recorded at carnivals during the season so far will be utilised for branch selections. Branch results will then also be considered for State selections. Where possible, we will keep Branch and State teams the same.

Please note the following: -

- 'Run-offs' will be conducted over 70m sprint distance, as per competition standard. A minimum of a semi and a final will be run for each age group. The result of the final will hold the greatest weight. If the Head of Program and Head Coaches consider the results to be inconclusive, one or more re-runs may be required.
- Run-off results will be utilised as part of the selection process and are not the only results considered. Baton changing and team cohesion are also considered. A factual, results-based decision-making process is employed when making selections.

Please remember, the selectors are all volunteers, who genuinely care for all our competitors. All decisions are made and balanced with the best interests of the individual, team and club considered.

These Branch selections do not indicate selection for State Age Championships. Following the Branch Championships, selections will be reviewed and the selections for team events at State Age Championships will be announced via Team App as soon as practicable after finalisation of the team, by 16th February 2021.

Substitutions in teams may be made on the day of the carnival by the Competition Director or relevant discipline Coaches. Any changes must be made in accordance with SLSA rules, and should only be considered in exceptional circumstances, such as illness or injury or unavailability of a competitor on the day due to a competition schedule clash.

Coaches or Age Group Competition Coordinators may select teams at regular carnivals where teams have not been determined by selectors. This is likely early in the competition season. They may also select teams for events, where additional teams to those selected can enter.

The Selectors shall have total discretion in selection and may have regard to any one or more of the criteria. No reasons need be given for any selection or other decision of the Selectors.

It is inappropriate for parents to approach Age Managers or other competitors or their families with complaints about team selection or negative comments about any competitor's performance. Such behaviour will not be tolerated by Coogee Minnows. Equally, poor sportsmanship and "sledging" by competitors will not be condoned and will result in exclusion from individual events, the team and /or removal from the beach as a minimum.

All Age Relay (AAR)

This is the priority club relay; the team is the focus over the individual. The race conditions have changed and there is now no longer any need for a gender mix. While we don't support this change, we need to work within this. As such the fastest competitor in each age group will be chosen. Whilst individual performances are important indicators, a competitor's ability to work well with others in a team will also be taken into consideration. All selections or team entries remain provisional until the day of competition including the AAR at State Age Championships. A squad will be formed with at least two competitors from each age group and will train over the course of the season to ensure change overs are well practised with all combinations. The AAR selections at State Age

Championships will not be confirmed until the weekend of the Championships in order to pick the runners in best physical condition and form.

Ceilings on Competition Entries

The Minnows Competition Director or Minnows Captain may introduce a ceiling on numbers if required to limit the size of the team either because of insufficient officials and/or water safety or any other reason.

In such circumstances, the selectors will have total discretion in selection and may take into consideration a competitor's parent's willingness to act as an official and/or water safety.

Selectors

The relevant Head Coach/Head of Program in conjunction with the Competition Director will select the competitors to compete in the overall team for selection only carnivals as well as team events in accordance with the Selection Policy. All selections will be ratified by the Competition Selection Committee.

The Competition Selection Committee will be made up of the Minnows Competition Director and the Minnows Executive plus the Head Coach of Water based athletes and Head Sand Coach for sand-based athletes.

March Past, and R&R teams will be selected by the relative discipline coach and ratified by the Competition Selection Committee.

As previously noted, please remember, the Selectors are all volunteers, who genuinely care for all our competitors. All decisions are made and balanced with the best interests of the individual, team and club considered.

Conflicts of interest

Selectors must refer any decisions that directly relate to their own child's place in the team to the relevant discipline coach or the Minnows Competition Director.

Notification

Competitors gaining selection to Selection Only Carnivals shall be notified of their selections via Team App as soon as practicable after finalisation of the team by the Competition committee.

Removal from a squad/team

A Nipper may be removed from a team if they:

- breach or fail to observe this policy or other SLSA and Coogee SLSC policies
- breach or fail to observe the Coogee Minnows Code of Conduct or breach or failure to observe the Parent's Code of Conduct in this handbook. by their Parent or Carer.
- have an injury or illness, which means they are unable to perform to the required standard.

Appeals

There is a right of appeal over selection to the Branch and State Age Championships overall team.

Appeals must be lodged in writing marked attention to the Minnows Competition Director and sent via email to the Competition Director (competition.director@coogeeminnows.com.au) within 5 days after the squad/team is announced. The Minnows Competition Director shall consult with the Competition Selection Committee in the first instance and a further decision will be notified 5 days post receipt of the appeal. Subsequent appeals will be reviewed by an impartial panel to include the Senior Coogee SLS Club Captain who will undertake an assessment and whose decisions will be final.

Conduct in Relation to Selections

If parents/caregivers wish to dispute a team selection they must not approach the Age Manager or any other parent. Parents should contact the Minnows Competition Director as per the Appeals process. It is inappropriate for parents and/or Nippers to approach Age Managers or other competitors with complaints about team selection or negative comments about any Nippers' performance. Such behaviour will not be tolerated by Coogee Minnows. Poor sportsmanship by Nippers will not be condoned and may result in exclusion from selection to teams representing Coogee Minnows.

Grievances Procedures and the Competition Disciplinary Committee

This committee will comprise of the Minnows Captain, the Competition Director and an independent appointee of the Minnows Committee with relevant experience in Surf Sports competition. If anybody has a grievance or wishes to report a disciplinary matter concerning any competitor or their parent/caregiver representing Coogee, which amounts to a breach to the Codes of Conduct, they must do so in an email to the Competition Director at competition.director@coogeeminnows.com.au.

The incident will be investigated by the Competition Director in conjunction with the relevant discipline coach and if it is determined that there has been a disciplinary breach, the incident will be graded as mild, moderate or severe. Mild incidents will be settled with a warning letter issued to the person concerned and any further similar action will be automatically upgraded to a moderate breach or greater. An incident graded as moderate or severe will be reviewed by the Competition Grievance and Disciplinary Committee and sanctions may be imposed which may include but not be limited to suspension from carnival participation for a determined period of time. The decision of this committee will be final.

COMPETITION EVENT INFORMATION

Entries

Currently the Club pays Entry Fees for Nippers to the competition events listed on the 2020/2021 Minnows Calendar. The CSSC levy will help subsidise these costs, which are significant.

Notifications of entry requirements and cut offs will be communicated to all competitors via TeamApp. It is the competitor's responsibility to nominate their wish to compete at each event via the EVENT listing in Team App. All competitors who have nominated to participate, have met the competition proficiency and training prerequisites, and have paid the CSSC levy will be entered.

Once the entry cut-off date is reached, no further entries will be received. No late entries will be made by Coogee SLSC (subject to carnival rules, individuals may still attend an event and pay their own late entry fee on the day - please confirm with the Competition Director that this is possible).

Where a Nipper enters an Event, and subsequently fails to attend, or withdraws from an event for which they have been nominated (unless withdrawn by the Age Manager and/or coach), the competitor's parents will be required to reimburse the Club for the Entry Fee of events not competed where it is found that there was no valid reason for failure to compete. Nippers will not be able to nominate for subsequent CarnEvents until outstanding fees are paid.

For all queries regarding Entries, please read the information loaded into Team App under the carnival listing in EVENTS. If you still have queries after reading this information, please contact the Competition Director via email at competition.director@coogeeinnows.com.au.

Finances

- Funding will not be provided for accommodation or transport for any carnivals
- Funding will be provided for carnival entry fees per Team App guidelines.
- State Age Championships competitors will receive club apparel distinguishing themselves as representatives of Coogee Minnows to be worn at the State Age Championships

Water Safety and Officials

There is a requirement that the club provide accredited Officials and proficient Water Safety volunteers at each Event it attends. If in the event there are insufficient Officials, Coogee Minnows may be withdrawn from the Event and/or fined.

For every 10 competitors that Coogee Minnows enters to compete in an event, it must provide one Official and one Water Safety person

To be a Water safety, you must have a Bronze Medallion with up-to-date proficiency.

At the beginning of the season training is available for any parent interested in obtaining their Bronze Medallion. Many parents in the club have completed their Bronze, and in doing so, enjoyed the learning experience and getting a greater understanding of surf lifesaving.

Further information about the upcoming Bronze Medallion course will be advertised in the Minnows Mail (our weekly email update) or see the Minnows website for details of the next Mums and Dads Army course starting early 2021.

To qualify as a “Carnival Official”, a course is available for parents who would like to get involved at the Competition Carnivals that we will attend each season. The course is done online and then you are required to observe at an official surf carnival prior to gaining full accreditation as an Official. This is the chance to get a ringside seat at the action! Please contact the Minnows Competition Director for course details.

It is very important that we have a large pool of Officials to draw from and thus can spread the load equally throughout the competition season. Our ranks of officials have become depleted in recent years so replenishing and building our reserves of Officials is a priority.

Management at Carnivals

The Club person nominated with overall responsibility for the team at a carnival is the Team Manager. The Competition Director or their appointee if unable to attend will fulfil this role. The Team Manager will directly liaise with the Carnival Referee and senior carnival officials.

Within each age group the Age Manager or the Age Group Competition Coordinator is responsible for their own group. Duties include “roll call”; organising warm up in conjunction with relevant coaches; organising the competitors for an event; checking off competitors in an event; ensuring competitors have registered; organising teams; be available during and after an event should assistance be required; record all results obtained by competitors under their supervision and report back to Minnows Competition Director.

Nippers at an Event must always have either a parent or nominated guardian present.

Transportation of Equipment

At most carnivals, it is the competitor’s responsibility to transport the board and any other equipment they intend to use to the carnival. The Minnows Competition Director will organise transport of club owned equipment such as tents, Surf Rescue Boards (for Water Safety duty) and Rescue Boards to carnivals by parents who have been nominated to carry out this task. Any competitor requiring the use of a club board on loan, to compete at a carnival that they have entered or been selected for, will be able to do so. Collection arrangements for loan boards will be advised on Team App. The boards which are borrowed prior to the event will be the competitor’s responsibility until it is returned to the board storage area at the next regular Minnows following the carnival or at another time acceptable to the Gear Steward. When a board is returned it must be checked and marked off by the Gear Steward.

On the day of the Event – Competitor’s Information

Competitors must arrive no later than 30 minutes prior to the start of marshalling for the first event on the program. The Carnival program will be available prior to each event via a link in TeamApp within the carnival details in the EVENT tab. The location of each Coogee tent at carnivals will be notified on the day as early as possible, via Team App. Assistance will be required

in setting up tents in the competition areas. This will be coordinated by the person or people designated to be responsible for tent transport

Nippers should be well rested (i.e., an early night prior to the carnival).

Regarding swimwear, it is preferable that competitors compete in the club swimwear, but exceptions are allowed if other swimwear provides an advantage through greater comfort, fit or performance.

Club cap (TWO BLUES) MUST be worn. Pink/high visibility rash vest compulsory for all water competitors.

On arrival, the competitor should register with their Age manager or Age Group Competition Coordinator and receive their competitor's wrist band or equivalent and have their age group written in black felt pen clearly on their upper right arm. If there are multiple teams competing in the same event in the same age group, they should have A, B etc written with their age group on their arm to denote which team they are in.

During the Event, Nippers should stay around the Coogee tent closest to their competition area or other area designated by the Age manager and keep in contact with the Age Manager. For water competitors, they should be located behind their competition area if this is possible to do in a shaded area. Otherwise, the Age Group water coordinator should remain behind the designated water area throughout the carnival with at least one other person or competitor that can act as a runner to the tent where the water competitors are all together. When an event is called, the Age Manager or Age Group Sand/Water Competition coordinator will advise the relevant competitors and arrange for them to proceed to the Marshalling Area.

For team water events where a handler is required to take care of discarded boards or other equipment (e.g. Iron man or Board Relay), the handler must be wearing a Coogee (two blue) surf cap and a Hi-vis pink rash vest or bib, which can be obtained from the Minnows Competition Director.

High level events such as the Sydney Branch and State Age Championships may require each competitor in a water team event (Cameron and Board Relays, Surf Swim Team) to wear a numbered Hi-vis pink rashie to denote the competitor order in a relay or competitor number in the team. If required, these rashies will be given to each Age-group Water Competition Coordinator to be given to eligible competitors

Please note that Coaches or Age Group Competition Coordinators on the day have the right to substitute team members for team events if an athlete is not within the Competition Area when their event is marshalled.

Note to parents: Parents must not enter the competition marshalling area at any time, unless they are in an official capacity as a Carnival Official or Water Safety. This space is a competitor only zone, allowing officials to organise races and importantly, to do safety checks and head counts prior to and at the end of races, so please do not enter this area to give equipment or last-minute instructions etc.

During the day, Nippers should have plenty of fluids, high energy food, keep in the shade and reapply sunblock regularly.

At the end of a race, Nippers should remain at the finish, **wearing their club cap**, until dismissed by Officials.

At the end of a carnival, parents are requested to assist packing up tents and equipment and ensure the area is left clean.

Nippers should not leave the carnival without being “marked-off” by the Age Manager or their Age Group Competition Coordinator.

Protests at Carnivals

Should a competitor feel he/she has been unfairly impeded by another competitor or that an irregularity has occurred, there may be grounds for a protest. Please note however that “luck of the prevailing conditions” is an integral part of surf sports and is not grounds for protest. Any protest about the course must be made prior to the start of the event.

Should a protest be considered the competitor must immediately notify the Age Manager or Age Group Competition Coordinator, who will inform the Team Manager. A protest must be lodged within 5 minutes of the end of a race.

As with all Nipper activities, all Nippers and their Parents are bound by the Rules & Regulations of SLISA; SLSNSW; Coogee SLSC and by the Code of Conduct found in this Handbook. Any breach of these Rules and Regulations or the Code of Conduct by Nippers or Parents WILL result in the Child and parent being removed from the team and competition area.

No parents are allowed in the Competition area at any time, unless on Officials duty

Participants compete in SLISA competitions to demonstrate their physical and mental skills.

(SLSNSW website)



CODE OF CONDUCT

Parents have an important role in the delivery and support of sporting activities for their own and other children. With it comes a clear responsibility to act in a constructive and encouraging manner always. As part of this responsibility the following **Codes of Behaviour** have been adopted by the Coogee Minnows Competition Committee.

Parents, Caregivers, & Spectators Code of Behaviour

- Remember that children participate in sport for their enjoyment and development
- Encourage children to participate, do not force them
- Focus on the child's efforts and performance rather than winning or losing. Set realistic goals.
- Encourage children to give their best effort in individual and team events, always play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or verbally abuse a child for making a mistake or losing a competition.
- Never approach a competitor on their own or separate a child from a group to criticise or otherwise
- Remember children learn best by example.
- Appreciate good performances and skilful plays by all participants, whether they represent Coogee or other clubs. Support all efforts to remove verbal and physical abuse from sporting activities.
- Show appreciation for officials, coaches, managers and administrators. Respect their decisions and teach children to do likewise. Without them, your child could not participate.
- Respect the rights, dignity and worth of others.
- If you disagree with an official, coach, age manager, raise the issue through the appropriate channels rather than question the official's judgment and honesty in public. **Remember that officials, coaches, and administrators volunteer their time and effort for your child's involvement.**

Nipper Code of Behaviour

- Compete within the rules, and within the spirit of Surf Lifesaving and Coogee Minnows
- Never argue with an official. If you disagree, have your Age Manager, coach or team manager approach the Official Liaison as per protocols as soon as possible after the incident
- Control your temper. Verbal abuse of officials and sledging of other competitors, deliberately distracting or provoking a fellow competitor are not acceptable or permitted behaviours
- Work equally hard for your team as you would for yourself, giving your best effort
- Be a good sport. Applaud all good performances whether they are given by Coogee competitors or competitors from other clubs.
- Treat all participants as you would like to be treated. Do not bully, interfere or take unfair advantage of another competitor
- Co-operate with your coach, age managers, teammates, officials and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the equipment you use, wash it and return it after use. Report any damage.
- Respect the club house and carnival area. Treat it as you would treat your home. Leave it tidy.

By joining the Coogee Minnows Competitors group the Nipper, Parent or Caregiver acknowledges and accepts these Codes of Conduct. Any breach of these codes should immediately be reported to

the Minnows Competition Director as per Grievances Procedures on page 29 of Competition Handbook

Remember, Nippers are children, and their enjoyment is our priority.

Unsporting behaviour will not be tolerated. Sporting behaviour takes precedence over winning.

Parent behaviour should set an example to our children. Aggressive and abusive behaviour to Nippers, other parents, Coaches and Managers will not be tolerated.



COOGEE MINNOWS SURF SPORTS COMPETITOR APPLICATION FORM

All new competitors are required to complete the [Coogee Minnows Surf Sports Competitor Application Form](#).